



CITY OF SAINT PAUL
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2012
Capital City Football League
11U/12U/14U
Procedures/Guidelines

1. Age Guidelines

- A. Players age on November 15, 2012 determines the level of play
- B. 14U level: **All 14 year olds must be in the 8th grade. No 9th grade 14 year olds allowed** in the Capital City League.

2. 2012 Timeline

- A. Team Registration Deadline: Friday, August 10th.
- B. Preview Saturday, August 25th @ McMurray Fields.
- C. League play begins Saturday, September 8th.
- D. Team Playoff Registration deadline: Friday, September 21st.
- E. Playoffs begin the week of Oct. 22nd. Championship games will be on Saturday, November 3rd.

3. Weight Limits/Weigh-In process

11U/12U weight limits

- *11U – 120 lb limit for skilled player (players may move up one level, but not move down)
- *12U – 125 lb limit for skilled player (players may move up one level, but not move down)

14U weight limits

- * 150 lb limit for skilled players.

Weigh-In process

- 1. Players/Coaches must have proof of age (birth certificate, baptismal, green card, official letter from school) present at weigh-in. If a player does not have proof of age he/she will not be allowed to weigh-in or participate.
- 2. Coaches must have the following info for each player prior to weighing-in: Name, address, phone, proof of age, grade, school, and jersey number.
- 3. A picture will be taken of each individual at weigh-ins.
- 4. **Team weigh-ins** will be conducted August 13th – August 24th with Municipal Athletic Staff. Municipal Athletic staff will set up weigh-in dates with each football program. **Individual/Late Weigh In dates:** Tuesday, August 28th (3:00pm-7:30pm) & Saturday, September 8th (7:00am-12:00pm) at the Municipal Athletic office 1500 Rice Street.
- 5. Players will not be allowed to move from one team to another after Saturday, September 8th.
- 6. Rosters frozen as of 12:00pm Saturday, September 8th. (No new players)
- 7. Coaches must have completed rosters and birth certificates prior to weigh-ins.
- 8. **Players may only weigh-in one time, no exceptions!**
- 9. **Players must have their helmet and game jersey with them at weigh-ins.**
- 10. All players over the required weight limits, must have a Stripe on their helmet to indicate they are not allowed to be a ball carrier. Stripes will be provided and put on the helmets by the St. Paul Municipal Athletics Staff at weigh-ins.



CAPRA Accreditation

An Affirmative Action Equal Opportunity Employer



National Gold Medal Award

4. Coaching Certification

- A. St. Paul Parks and Recreation will provide certification process, and will monitor/keep records.
- B. All coaches must become certified prior to the season, or when clinics are offered.
- C. Check with your local recreation center for the coaching certification dates and times.

5. Officials

- A. Employed by St. Paul Municipal Athletics.
- B. Training provided by St. Paul Municipal Athletics
- C. Three person crews
- D. 11/12U \$40 per official
- E. 14U \$45 per official

6. Administration of League

- A. St. Paul Municipal Athletics
- B. No roster limits, but it is strongly encouraged to have no more than 30 players per team.
- C. **Maximum of 5 coaches on the sideline.**
- D. Teams and spectators on opposite sides of the field, unless otherwise noted.
- E. Team areas will be marked (between the 20 and 45 yard lines respectively)

7. Residency

- A. St. Paul residents
 - * May play anywhere in St. Paul
- B. Non-St. Paul residents
 - * Must attend school in St. Paul (or St. Paul affiliated school)
- C. A team intact from outside of St. Paul (i.e. St. Paul Park) may participate if approved by SPPR.

8. Illegal players

- A. If a player is found to be illegal, that player forfeits his/her right to play the remainder of the current season. In addition, the team found to have an illegal player will forfeit all games that the illegal player participated in.

9. Boundaries

Open enrollment within the city limits.

10. Participation

Please refer to St. Paul Parks and Recreation's Minimum Playing Requirements.

11. Rosters

Rosters must be turned in electronically

48 Hour Guideline

St. Paul Parks & Recreation will not support schedules or events that require youth football players to participate in more than one organized football game or scrimmage in a 48-hour time period. In addition, St. Paul Parks and Recreation strongly recommends that a team does not participate in more than one organized game or scrimmage vs. an opposing team during a 48 hour time span outside of our programs. Coaches and youth football organization administrators are asked to support this guideline for the safety and well being of our St. Paul youth football players.

* These guidelines/procedures were developed by Capital City League coaches, St. Paul Parks and Recreation, and St. Paul Municipal Athletics.